

Module Specification

Summary Information

Module Code	4602DAN
Formal Module Title	Healthy Dancer 1
Career	Undergraduate
Credits	15
Academic level	FHEQ Level 4
Module Pass Mark	40

Learning Methods

Learning Method Type	Hours
Lecture	30
Practical	35

Module Offering(s)

Start Month	Duration
September	28 Weeks

Aims and Outcomes

Aims	This module aims to develop a fundamental understanding of applied anatomy, physical health, conditioning and remedial practices in relation to maximising students' full physical potential within their technical training. Study on this module also supports students' continued success in a demanding professional training environment and subsequent
-------------	--

professional career.

Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Identify and address areas of muscular imbalance and postural weakness in the body.
MLO2	Develop an individual fundamental conditioning and remedial programme as part of a daily warm up.
MLO3	Transfer knowledge of applied foundation exercise practice directly into dance techniques.
MLO4	Implement a personal development strategy for maintaining health and fitness.
MLO5	Demonstrate safe practice through an awareness of precision, movement and alignment.

Module Content

Outline Syllabus

Students on this module will each undergo a physical diagnostic examination at the start of the module, to identify key postural issues and muscular imbalances. This will inform the main focus of continued learning and remedial practice as students will utilise knowledge gained through subsequent lectures and practical sessions to address and improve their individual physical limitations. Delivery will also include foundations in nutrition, injury management/prevention, performance psychology and Pilates reformer work. This will increase students' physical and technical ability within all dance technique practices and performance. Sports psychology and nutrition will be introduced.

Module Overview

This module begins with a one-to-one physical diagnostic to identify individual postural issues and muscular imbalances that could hinder improvements across technical training. In class, students learn about applied anatomy, physical health, sports psychology, nutrition, conditioning and remedial practices alongside other supportive holistic approaches, in order to prepare students for safe practice and continued success in a physically demanding professional training environment and

subsequent career.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Practice	Practical warm up	100	0	ML01, ML02, ML03, ML04, ML05